Navy Environmental Health Center Prevention Initiatives

email

757-953-0961 DSN 377-0961

*2003 Command Excellence in Health Promotion Awards – **Bronze Anchor***

- **ADM Joel T. Boone BMC**
- **N&MC Reserve Center, Des Moines, Iowa**
- **Naval Hospital Charleston Wellness Department**

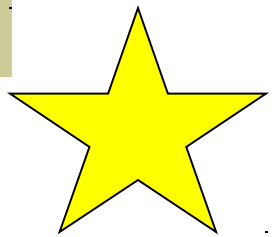
Honorable Mention

- **Branch Medical Clinic Ingleside**

*2003 Command Excellence in Health Promotion Awards – **Silver Eagle***

- **NH Oak Harbor**
- **BMC Mayport**
- **USS Boxer (LHD-4)**
- **NMC Portsmouth**
- **Semper Fit Center MCB Quantico**
- **N&MC ResCen Raleigh NC**
- **NH Jacksonville**
- **BMC MCAS Yuma AZ**
- **USS Cleveland (LPD-7)**
- **USS John F. Kennedy (CV-67)**

*2003 Command Excellence in Health Promotion Awards – **Gold Star***

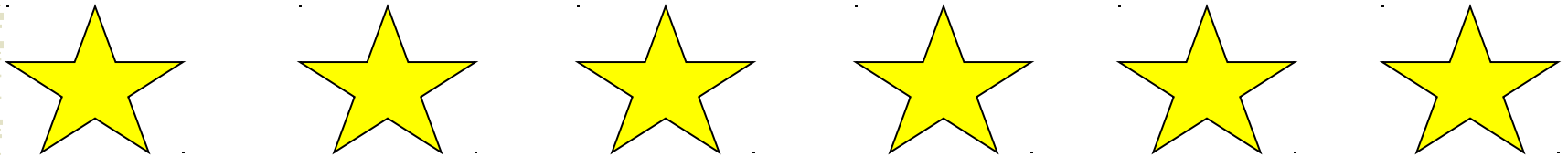


- **BMC Atsugi**
- **BMC Washington Navy Yard**
- **NNMC Bethesda**
- **N&MC ResCen St. Louis**
- **NDC Mid-Atlantic**
- **NH Lemoore**
- **NH Pensacola**
- **NMC Pearl Harbor**

*2003 Command Excellence in Health Promotion Awards – **Gold Star***

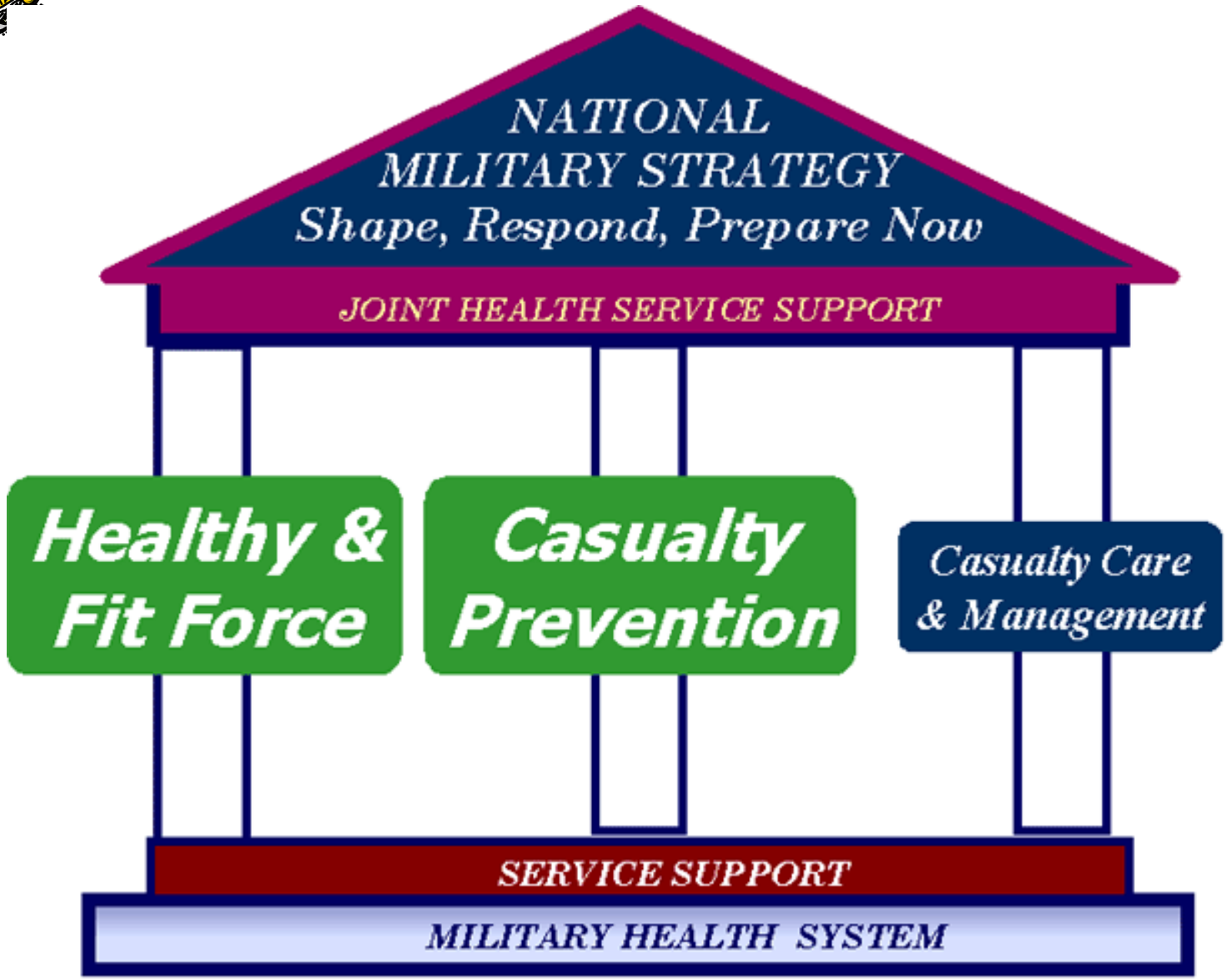
- **Naval ResCen Fargo ND**
- **Naval Reserve REDCOM Midwest**
- **U.S. NH Yokosuka**
- **U.S. Naval Medical Clinics, UK**
- **USS George Washington (CVN-73)**
- **USS Abraham Lincoln (CVN-72)**
- **U.S. NH Ro**

Gold Star
6 consecutive years

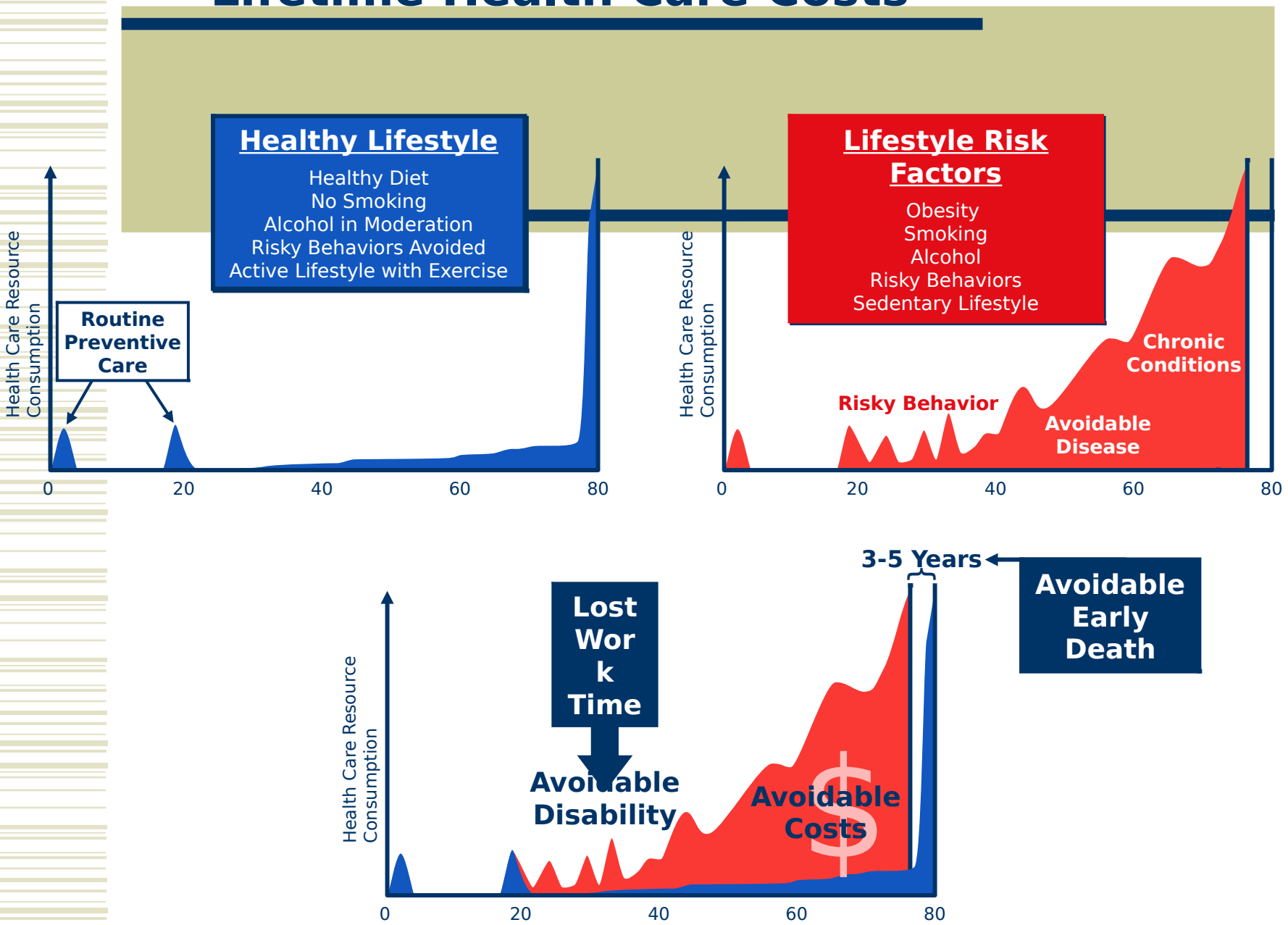


- **Naval Hospital Bremerton**
- **U.S. Naval Hospital Roosevelt Roads**
- **USS ENTERPRISE (CVN-65)**

Force Health Protection



Quality Care and Lifestyle Reduces Lifetime Health Care Costs



Top Ten Plus One

1	Motor Vehicle Mishaps	Leading Cause of Active Duty Deaths
2	Musculoskeletal Injuries	Leading Cause of PEBs
3	Heart Attacks	Second Leading Cause of AD Deaths
4	Suicide Behavior	Third Leading Cause of AD Deaths
5	Mental Health Conditons	Second Leading Cause of AD PEBs
6	Military Airplane Mishaps	Fourth Leading Cause of AD Deaths
7	Tobacco Abuse	Contributes to cardiovascular disease, pulmonary disease, malignancies
8	Alcohol and Drug Abuse	Contributes to multiple risks, including MVA and suicide
9	Obesity	Contributes to cardiovascular disease and hinders fit and healthy force
10	Unsafe Sexual Practices	Contributes to personnel losses and excess morbidity
11	Occupational Exposure	Significant cause of morbidity from workpalce occupational exposures

10 Leading Health Indicators

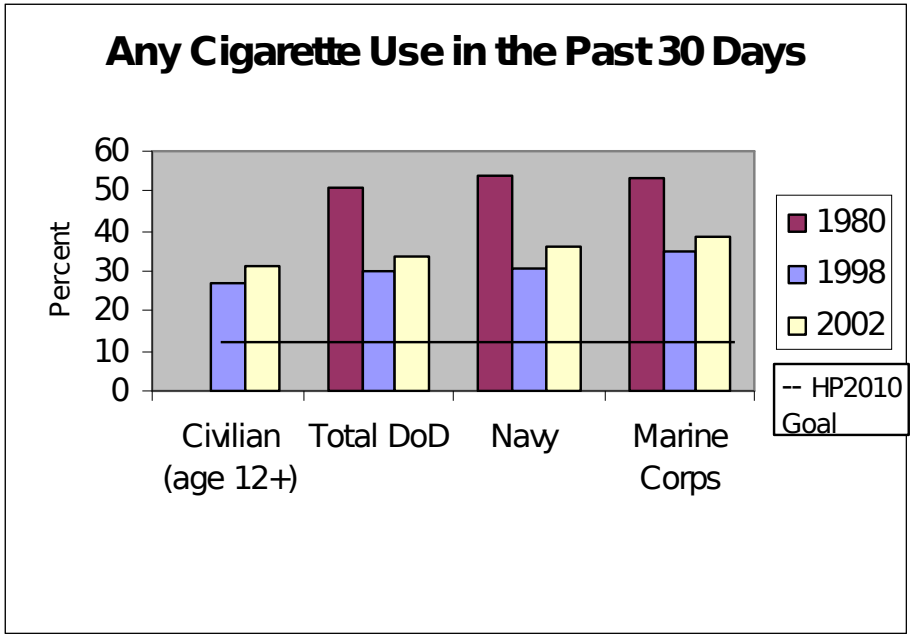
- Physical activity
- Overweight/obesity
- Tobacco use
- Substance abuse
- Responsible sexual behavior
- Mental health
- Injury/violence
- Environmental quality
- Immunization
- Access to health care

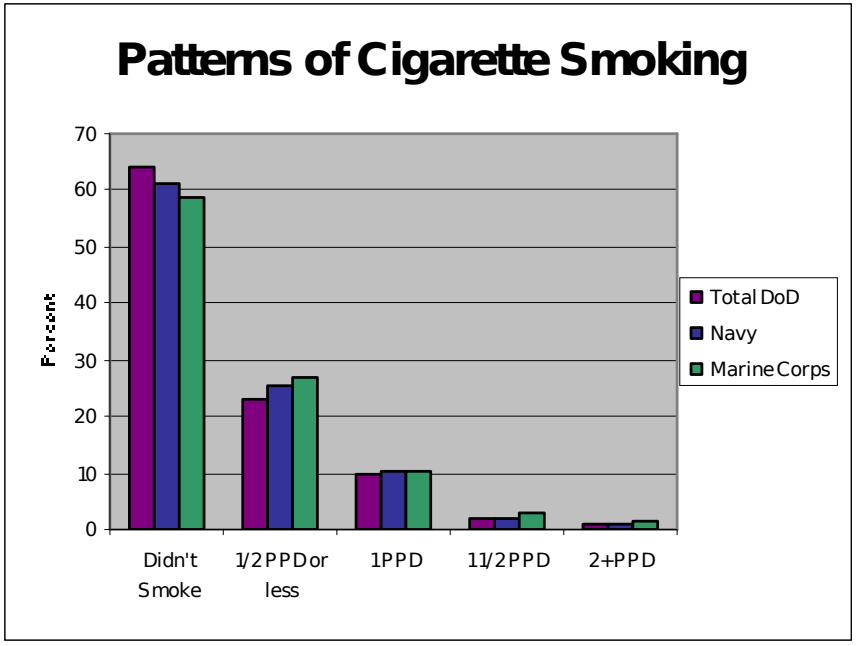
2002 DoD Survey of Health Related Behaviors Among Military Personnel

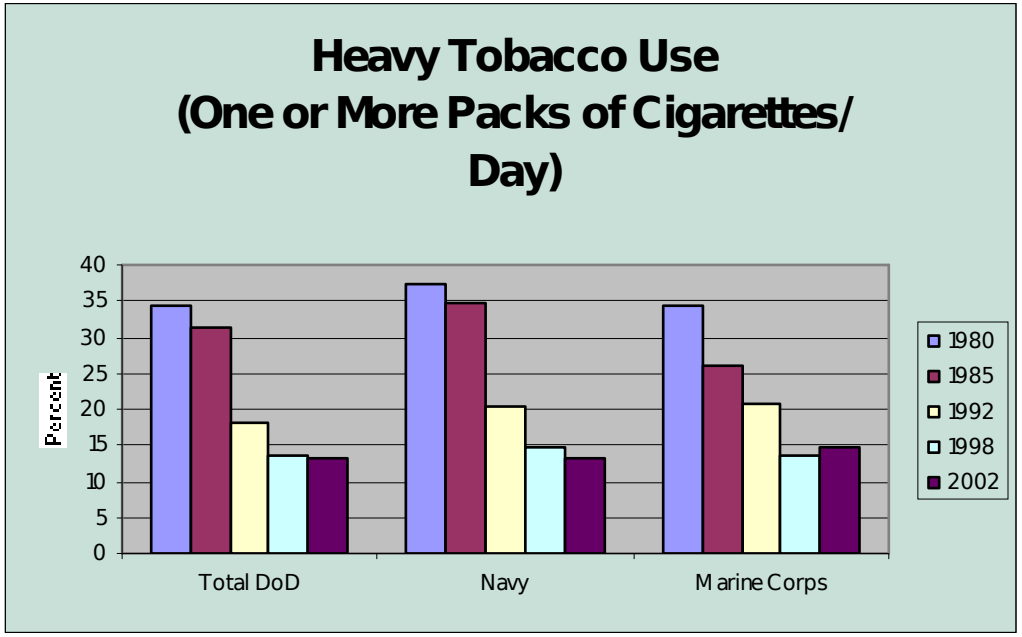
- Strenuous exercise
- Seat belt/helmet use
- Pap tests
- Low substance use-pregnancy

- Heavy drinking
- Cigarette smoking
- Stress
- Overweight

Tobacco Use


Any Cigarette Use in the Past 30 Days
Percent
60
50
40
30
20
10
0
Civilian (age 12+)
Total DoD
Navy
Marine Corps
1980
1998
2002
-- HP2010 Goal

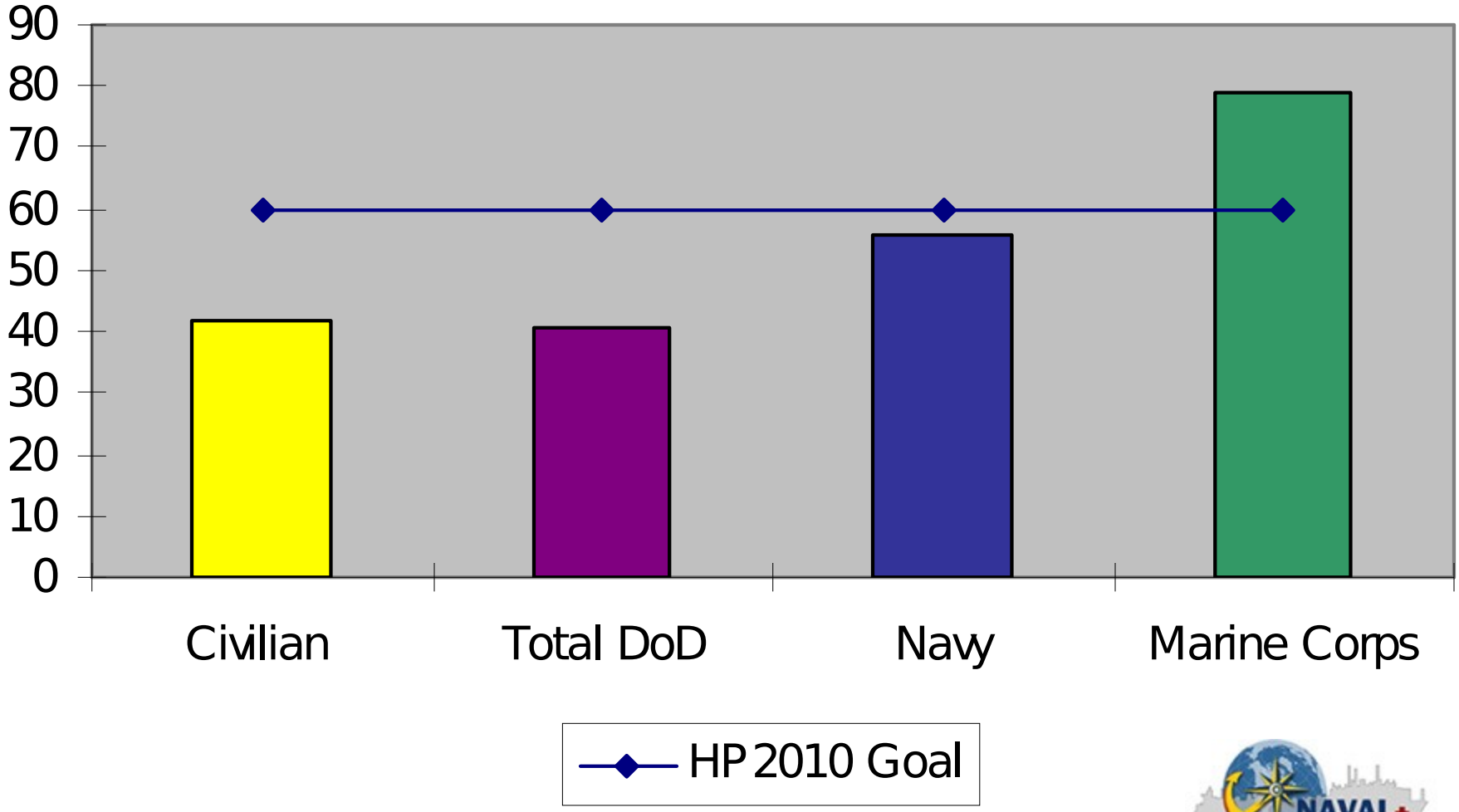

Patterns of Cigarette Smoking
Percent
70
60
50
40
30
20
10
0
Didn't Smoke
1/2 PPD or less
1PPD
1 1/2 PPD
2+PPD
Total DoD
Navy
Marine Corps


Heavy Tobacco Use
(One or More Packs of Cigarettes/ Day)
Percent
40
35
30
25
20
15
10
5
0
Total DoD
Navy
Marine Corps
1980
1985
1992
1998
2002

Plan to Reduce Tobacco Use

- **Preventive Health Assessment**
  - Tobacco query/assess readiness to quit
- **Promote National Cancer Institute Quit Line**
  - Information specialists available to answer smoking related questions in English & Spanish 0900-1630
  - 1-800-44U-QUIT
- **Removing obstacles to tobacco cessation assistance**
  - Primary Care Manager query/counseling/referrals
  - Tobacco Cessation Clinical Practice Guidelines
- **Targeted tobacco questionnaire with vital signs upon clinic check-in**

Healthy Weight (18.5 ≤ BMI<25



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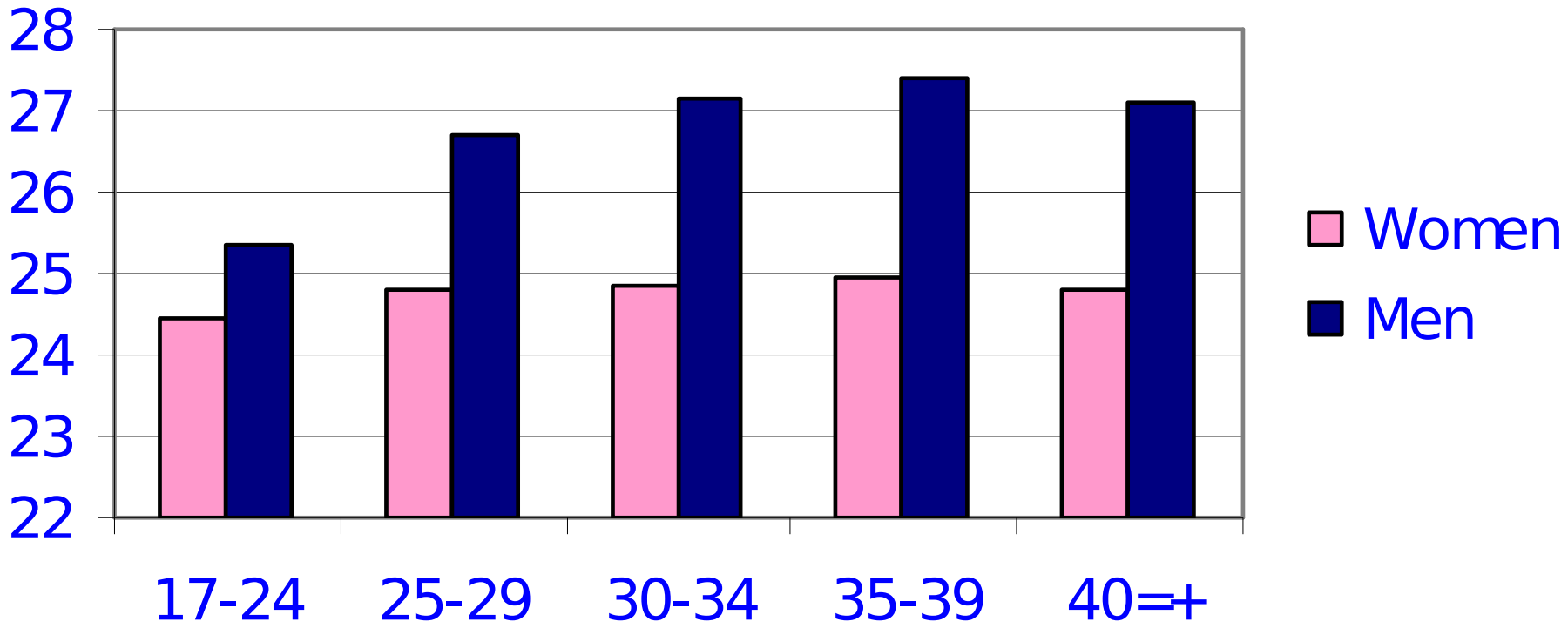
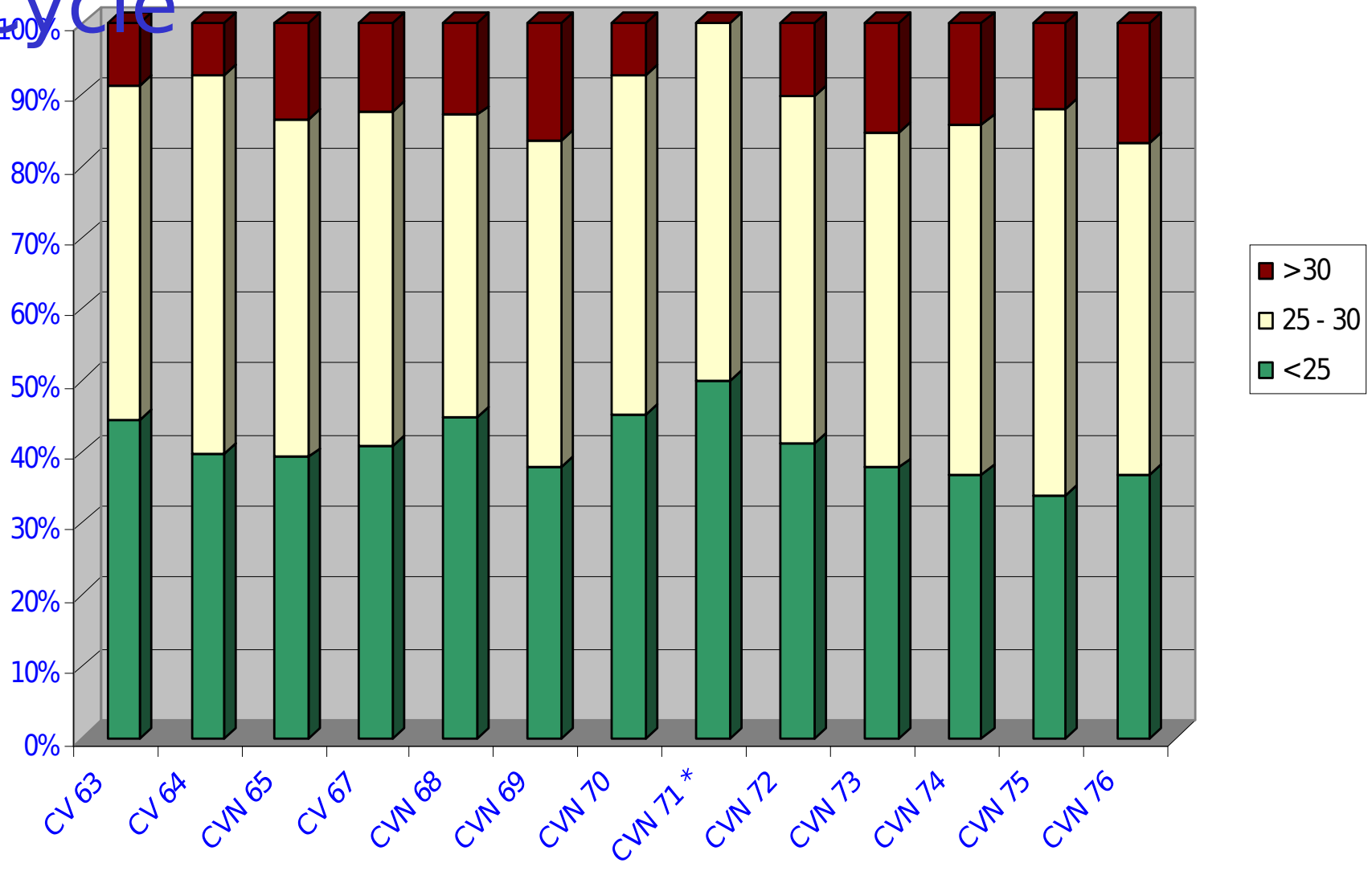
All Navy
PRIMS/PARFQ Data

Spring 2002 PRT: Mean BMI by Age and Gender



Carrier BMI for Spring PRT 2003 Cycle



*Less than 100 participants

Healthy Weight

- BMI may overestimate percentages of overweight personnel
  - Potential for increased muscle mass, rather than excess body fat
- A clear pattern for increasing overweight
  - Self-reported height and weight data

Healthy Weight Plan

- **"Get Moving Navy"**
  - Oceana/Dam Neck in Motion pilot
- **Primary Care Manager education/wellness integration**
- **Crews Into Shape**
  - NEHC's 4 week campaign
- **ShipShape**
  - BUMED approved weight management plan
- **Center for Personal Development**
  - Health and wellness competencies/Job task analysis (JTA)
- **Preventive Health Assessment**

Nutrition

- **Procurement/preparation: NAVSUP**
  - Healthy choices for vending machines and food courts
  - Reflect healthy choices in menu options
  - Establish reduced calorie preparations
  - Provide portion alerts
- **Personal responsibility: individuals**
  - Increased education/marketing
  - Portion control & performance nutrition
  - Incorporate spousal involvement

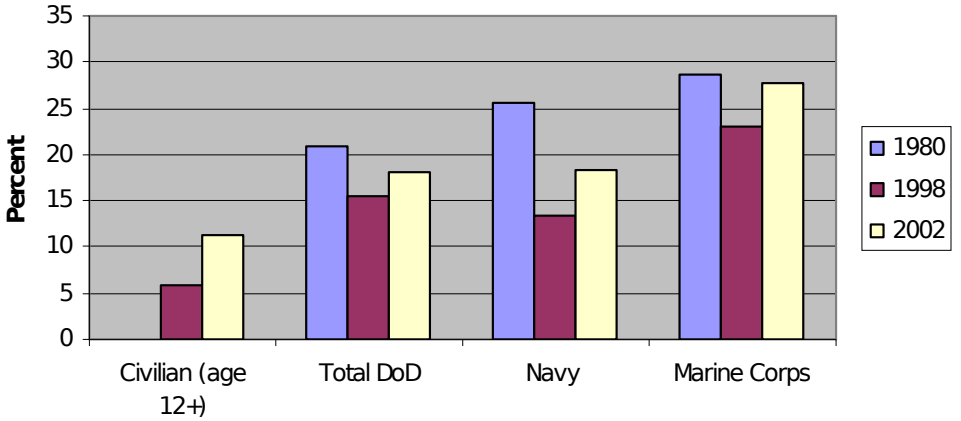
Fitness

- **Fitness Program: BUPERS**
  - Enhance Command Fitness Leader Training
  - Establish Base Fitness Coordinator within MWR program
  - Improve linkage of MWR and FEP
- **Fitness Education: NETC**
  - Improve education on stretching and exercise
- **Personal responsibility: Individuals**

Alcohol Use

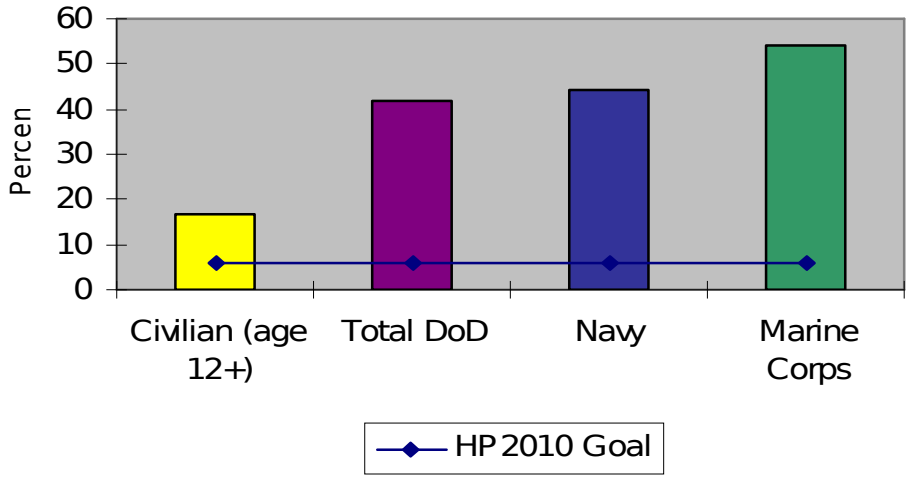
Heavy Alcohol Use

(Consuming five or more drinks on the same occasion at least once a week in the past 30 days)



Binge Drinking

(Consuming five or more drinks on one occasion in the past month)



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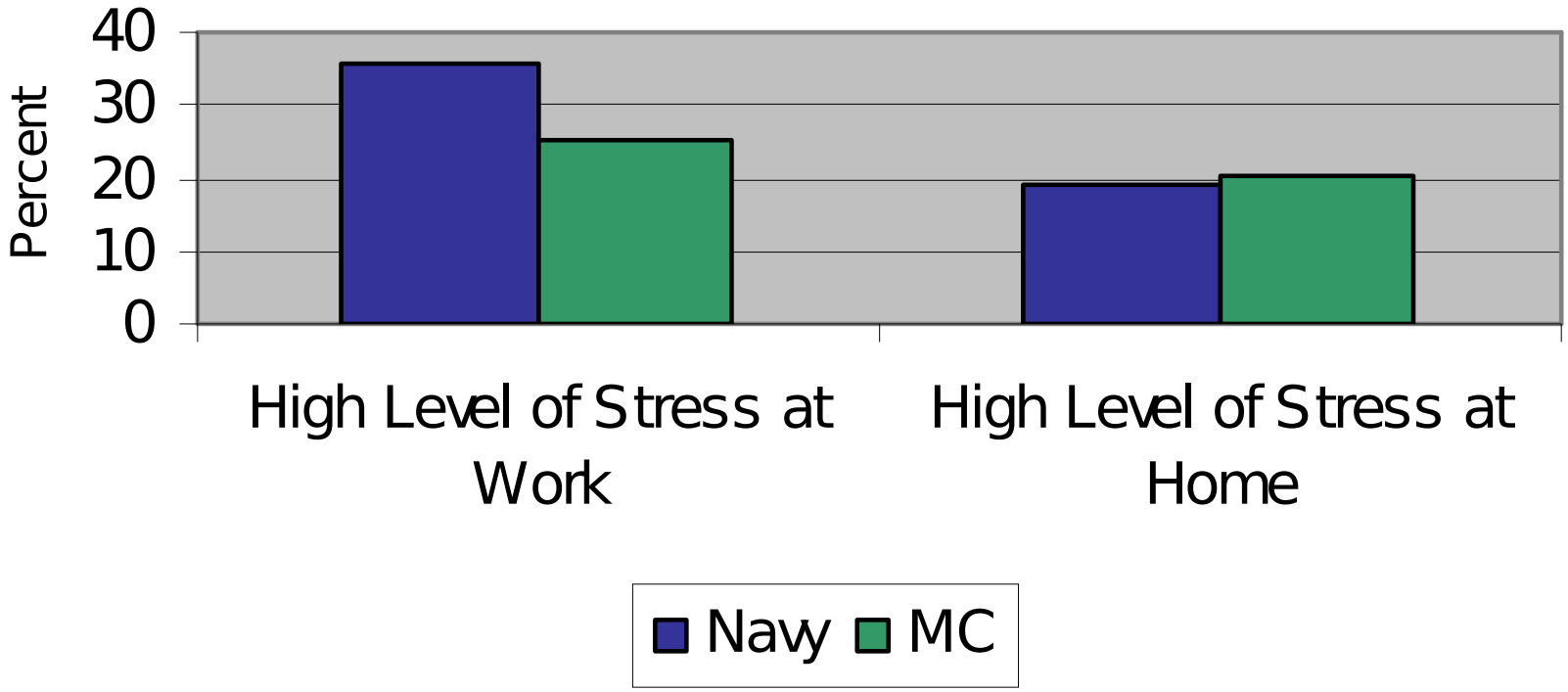
High Level of Stress Experienced during Past Year



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Workplace Stress

- Jobs more stressful than personal lives
- Most frequently indicated stressors
  - separation from family
  - deployment
  - increases in work load
  - changes in personal life
- Most common strategies for coping
  - using problem-solving approach
  - seeking social support
  - engaging in physical activity

Workplace Stress Plan

- Navy/Marine Corps Leader's Guide for Managing Personnel in Distress (late spring 04)
  - Based on Air Force Guide
  - Web or CD based program
- Navy Field Manual: Managing Operational Stress
- OSCAR
- Behavioral Health Integration Plan (BHIP)
- Behavioral Health Advisory Board
  - Collaboration with PERS (FFSC)

Preventive Health Assessment

- Emphasis on PREVENTION
- Individualized to your health behaviors
- PHA link with PRT
- OPNAV INSTRUCTION 6120.3
- Face to face interaction with MDR
- Yearly maintenance check
- You are more valuable than any piece of equipment!

Center for Personal Development (CPD) Mission and Vision

To deliver tools and opportunities that promote personal development and improve personal readiness to further the accomplishment of the Navy's mission.

To be the Navy's one-stop shop for personal development. By providing the best tools, opportunities and solutions via the most effective means of delivery, we will foster an environment where every member of the Navy community can and will achieve their maximum personal potential.

Navy SG's Campaign

Pilot Site: NAS Oceana/Dam Neck

- **Goal:**

  To participate in at least 30 minutes of moderate exercise 5 or more days/week

HEALTHY PEOPLE 2010

Local pilot site logo

Implementation/Evaluation

- **Line driven campaign**
  - **Beyond a “medical program”**
  - **Base Fitness and Nutrition Council**
- **Assessment, focus groups, target groups**
- **Spring/Fall 04 PRT**
- **May 19: Kickoff – Oceana “Healthfest”**
- **Outcome metrics**
- **Pedometer usage**
- **Interactive websites**

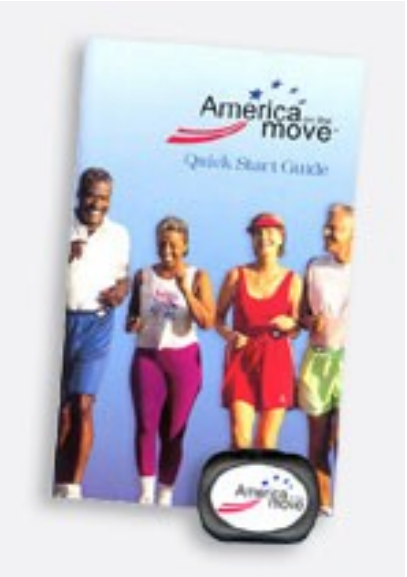
Pilot Site: Target Groups

- **Active Duty/Reservists**
- **Fitness Enhancement Program (FEP)**
- **Family Members, Civil Service and Retirees**
- **High Risk Beneficiaries (DM, HTN, Obesity)**

Partners: Base Fitness & Nutrition Council

- **NAS Oceana**
- **BMC Oceana**
- **Tenant commands- AIMD, MATSG**
- **MWR Oceana**
- **NEX/DECCA Oceana**
- **FFSC Oceana**
- **NEHC**
- **NMC Portsmouth**
- **Center for Personal Development (CPD)**

Interactive Websites

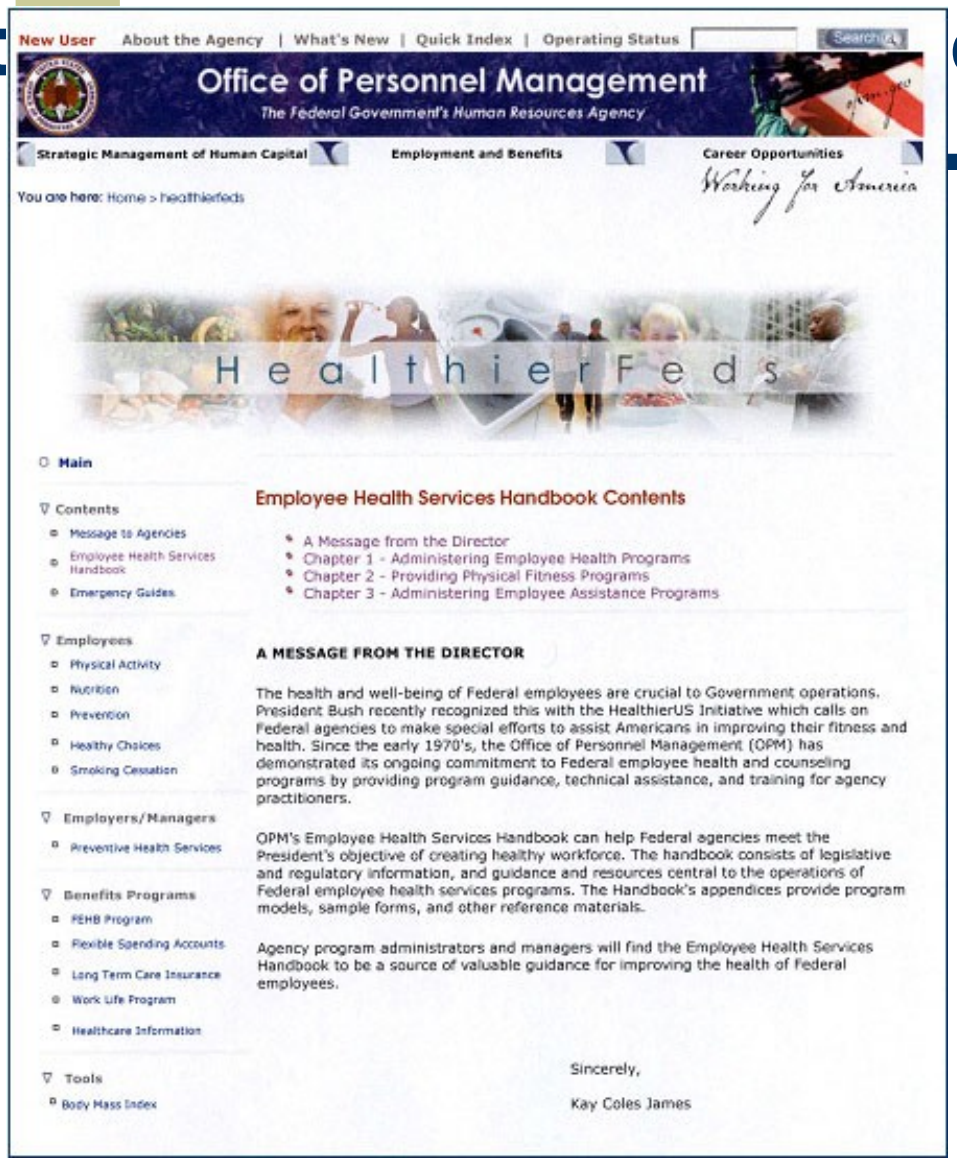


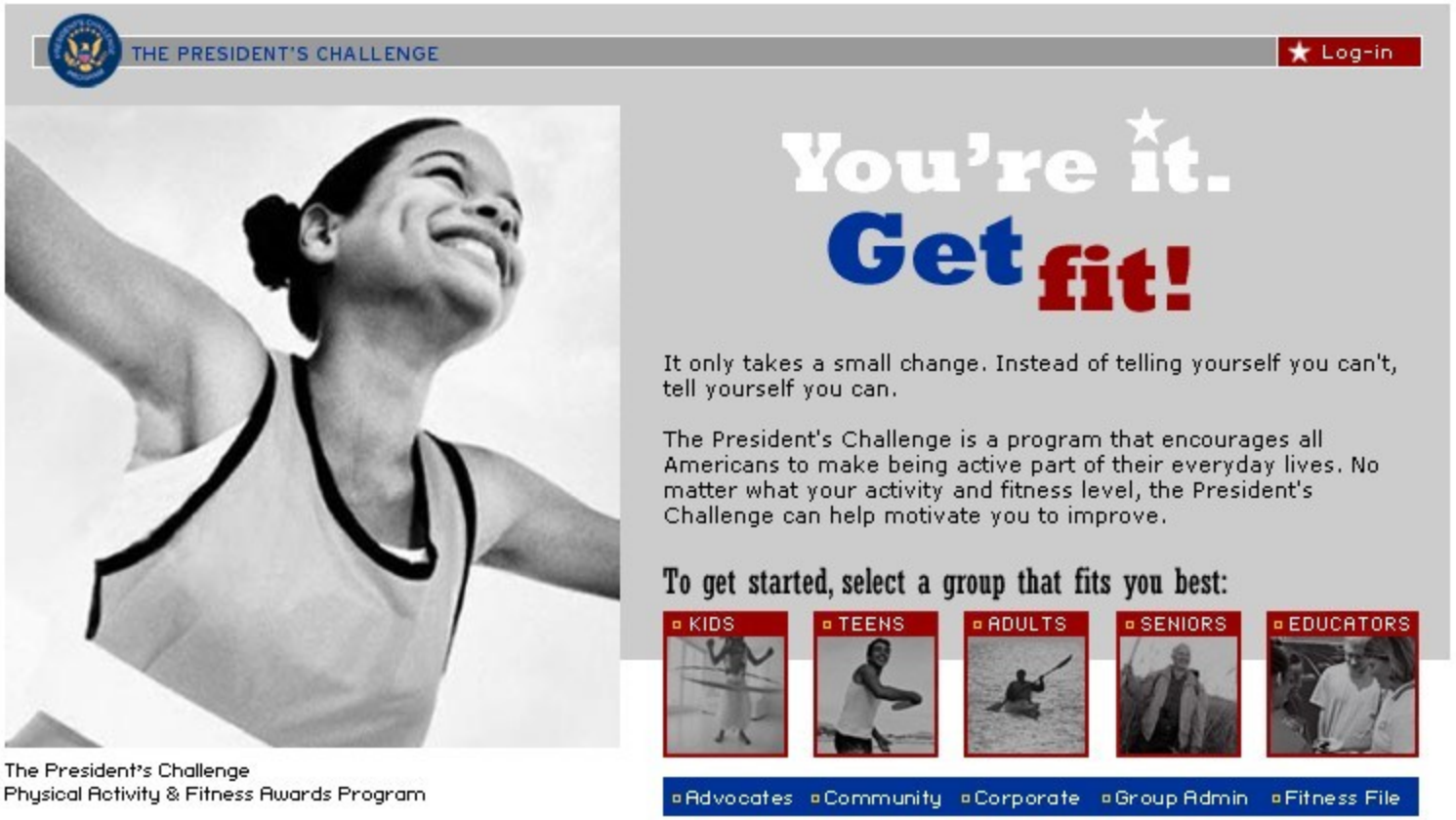
America on the Move

http://www.americaonthemove.org

Healthier Feds

ht ov


New User
About the Agency | What's New | Quick Index | Operating Status
Search
Office of Personnel Management
The Federal Government's Human Resources Agency
Strategic Management of Human Capital
Employment and Benefits
Career Opportunities
Working for America
You are here: Home > healthierfeds
HealthierFeds
Main
Contents
Message to Agencies
Employee Health Services Handbook
Emergency Guides
Employees
Physical Activity
Nutrition
Prevention
Healthy Choices
Smoking Cessation
Employers/Managers
Preventive Health Services
Benefits Programs
FEHB Program
Flexible Spending Accounts
Long Term Care Insurance
Work Life Program
Healthcare Information
Tools
Body Mass Index
Employee Health Services Handbook Contents
A Message from the Director
Chapter 1 - Administering Employee Health Programs
Chapter 2 - Providing Physical Fitness Programs
Chapter 3 - Administering Employee Assistance Programs
A MESSAGE FROM THE DIRECTOR
The health and well-being of Federal employees are crucial to Government operations. President Bush recently recognized this with the HealthierUS Initiative which calls on Federal agencies to make special efforts to assist Americans in improving their fitness and health. Since the early 1970's, the Office of Personnel Management (OPM) has demonstrated its ongoing commitment to Federal employee health and counseling programs by providing program guidance, technical assistance, and training for agency practitioners.
OPM's Employee Health Services Handbook can help Federal agencies meet the President's objective of creating healthy workforce. The handbook consists of legislative and regulatory information, and guidance and resources central to the operations of Federal employee health services programs. The Handbook's appendices provide program models, sample forms, and other reference materials.
Agency program administrators and managers will find the Employee Health Services Handbook to be a source of valuable guidance for improving the health of Federal employees.
Sincerely,
Kay Coles James


THE PRESIDENT'S CHALLENGE
Log-in
You're it.
Get fit!
It only takes a small change. Instead of telling yourself you can't, tell yourself you can.
The President's Challenge is a program that encourages all Americans to make being active part of their everyday lives. No matter what your activity and fitness level, the President's Challenge can help motivate you to improve.
To get started, select a group that fits you best:
KIDS
TEENS
ADULTS
SENIORS
EDUCATORS
Advocates
Community
Corporate
Group Admin
Fitness File
The President's Challenge
Physical Activity & Fitness Awards Program

President's Challenge

http://www.presidentschallenge.org